



“The seeds of resilience are planted in the way we process the negative events in our lives.”

Sheryl Sandberg, COO of Facebook



staff profile / sam young

This featured staff profile is our ‘always enthusiastic’ Sam Young, who has been working at Casa de Amma for five years. His first assignment was in Apartment Life, supporting residents in how to keep their apartments clean and teaching them other responsibilities. For the last couple of years, Sam has been focused on nutrition and exercise. His daily routine consists of

meetings where he helps residents make their grocery lists; helping them buy the right quantity of food and choosing healthier options when possible, doing inventory of their food and various kitchen items, taking groups to the grocery store and working with them at CasaFit and on their individual exercise plans. Sam has also been the shift leader for Saturday mornings for years, where he takes groups into the community for various outings such as hikes, museums, festivals and similar activities.

When asked how Sam has seen residents grow in independence as he has been working with them he said, “I’ve enjoyed seeing them come up with new lunches, researching restaurant menus for lighter options, and better understanding of nutrition labels.” When asked about his greatest challenges and rewards on the job Sam stated, “It’s difficult trying to come up with new and different ways to motivate residents into leading a healthier lifestyle, but seeing residents take interest in their food and the benefits of healthy living has been rewarding.”

Sam recalled his most memorable experience at Casa was when he sang the Bohemian Rhapsody with Ken, Brad, Chris, and Bob for Quinn on his birthday. When you ask the residents what makes Sam a great employee, they will tell you that he is kind, funny and works hard to help them in many areas. Sam’s ability and willingness to help Casa’s residents improve their health through nutrition and exercise has proven extremely beneficial to our mission.

We thank you Sam for your years of hard work and dedication!



Casa de Amma is excited to be taking part in the 2nd Annual Independent Apartment Community (IAC) Symposium on June 7th, 2017.

The IAC Group was formed in an effort to share Casa’s unique residential model and our success with similar IAC programs. This year the symposium will be held near Portland Oregon at **Stephen’s Place**, an IAC that opened last year. Session topics for this year’s symposium include; IAC In-Depth, The need for and benefit of IAC’s, Variety in the IAC Model, What you need to know when creating an IAC and a networking session where attendees can connect with other groups and individuals looking to create their own IAC. Participants will take a tour of Stephen’s Place where they will see the wonderful community and supports which are offered there.

The IAC Group was excited to receive such positive feedback from last year’s symposium. Andrea, an attendee, shared “It was so well organized and stimulating. The presenters took a great deal of time and effort to share their stories and support others in their efforts to find or create an environment for their loved ones.” Attendee Pat stated, “I have been to many, many conferences and conventions as a special needs parent, and your presentation was the best by far.” Kristi, who opened an IAC modeled program for adults with Traumatic Brain Injuries commented, “The Casa model has been an integral part of our launch and I look forward to building a long-term relationship with the IAC Association.” We are all excited to see the new relationships and positive effects this year’s symposium will bring.

This event is **FREE** of charge and so if you are interested in attending, it’s not too late! For more information visit our website at <http://independentapartmentcommunities.com> or you can email us at info@independentapartmentcommunities.com.